



Midori Sour



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



256 kcal

BEVERAGE

DRINK

Ingredients

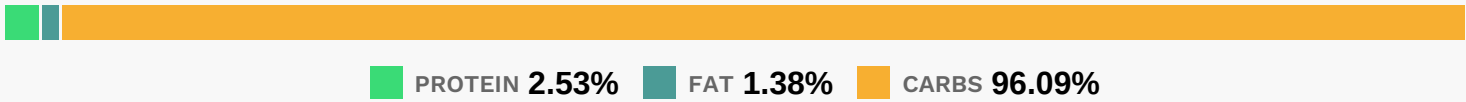
- ☐ 1 cup ice cubes
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup midori liqueur
- ☐ 1 serving garnish: melon balls
- ☐ 2 tablespoons caster sugar
- ☐ 1 tablespoon water

Equipment

Directions

- ☐ Fill cocktail shaker with ice.
- ☐ Add Midori and next 3 ingredients.
- ☐ Shake vigorously; strain mixture into glass.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:70.09, Glycemic Load:16.75, Inflammation Score:-2, Nutrition Score:0.68043478189603%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 256.31kcal (12.82%), Fat: 0.3g (0.46%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 46.82g (15.61%), Net Carbohydrates: 46.76g (17%), Sugar: 45.66g (50.73%), Cholesterol: 0.72mg (0.24%), Sodium: 13.68mg (0.59%), Alcohol: 9.85g (100%), Alcohol %: 3.56% (100%), Protein: 1.23g (2.47%), Vitamin C: 4.51mg (5.46%), Copper: 0.05mg (2.32%)